

Three-Day Survival Pack



Top Of The Barrel



Flashlight

Radio

First Aid Kit (including)

Drugs:

- Antibiotic ointment
- Aspirin tablets (5 grain)
- Spirit of ipecac (to induce vomiting)
- Kaopectate
- Medication recommended by your doctor (examples):
 - a. Insulin
 - b. Heart tablets

Dressings

- Adhesive tape, 2" wide roll
- Sterile bandage, 2" & 4" wide roll
- Bandages, large triangular

- Bandages, plastic strips
- Cotton-tipped swabs
- Sterile absorbent cotton
- Ace bandage
- Butterfly bandages
- Gauze pads (4" x 4")

Misc.

- Scissors
- Tweezers
- Thermometer
- Petroleum jelly
- Rubbing alcohol
- Tissues
- Pocketknife
- First Aid Handbook

Authorities recommend that every home be equipped with a **Survival Pack** such as the one described here.

All family members should be aware of its location in the event that disaster strikes.

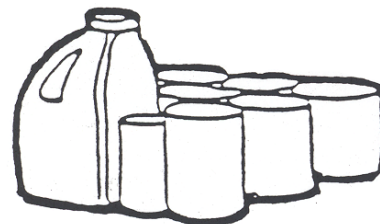
Middle Of The Barrel

Food

Three-day supply of food requiring no refrigeration. Date all food items. Write out a menu for each day.

Examples:

- Canned tuna or pork & beans (1/2 lb./person)
- Nonfat dry milk (1/2 lb./person)
- Graham crackers (1/2 lb./person)
- Dried apricots (1/2 lb./person)
- Canned orange or tomato juice
- Peanut butter (1/2 lb./person)
- *This supplies daily 2100 calories and essential nutrients)



Water

1 gal./person per day, store separately

Bottom Of The Barrel

Bedding

- Sleeping bag/blankets
- Plastic sheet/tarp

Clothing

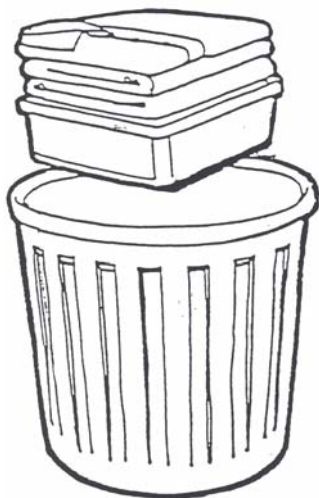
- One change/person

Personal Supplies

- Toiletries
- Towel
- Good book
- Paper/pencil

Fuel & Light

- Matches
- Candle
- Signal flare
- Sterno canned heat



Equipment

- Can opener
- Dish pan
- Dishes (disposable)
- Utensils (disposable)
- Ax
- Shovel
- Bucket (plastic bag liners)
- Infant Needs**
- If applicable
- Personal Documents**
- See Family Emergency Plan
- Money**
- Cash
- Other**
- Water purification tablets
- Liquid chlorine/bleach
- Eye dropper

EARTHQUAKE PREPAREDNESS



BEFORE THE SHAKING STARTS –

Prepare Your Family:

- ✓ Know the safe spots in each room: Against inside walls, under tables, desks, or in supported doorways.
- ✓ Know the danger spots: Windows, mirrors, hanging objects, bookshelves, and fireplaces.
- ✓ Practice drills. Physically place yourself in safe locations. Have an evacuation plan and safe meeting place outside.
- ✓ Learn First Aid and CPR from the American Red Cross.

Prepare Your Home:

- ✓ Learn how to shut off gas, water, and electricity (but only if lines are damaged).
- ✓ Secure water heater and appliances that could move enough to rupture lines.
- ✓ Secure hanging plants and heavy picture frames or mirrors (especially over beds).
- ✓ Close drapes over windows at night.
- ✓ Put latches on cabinet doors to hold closed during shaking.
- ✓ Keep flammable or hazardous liquids such as paints, pest sprays or cleaning products in the garage or outside shed (out of children's reach).
- ✓ Maintain emergency supplies for a 72-hour period; i.e., food, water, and other supplies, including a flashlight, portable battery-operated radio, extra batteries, medications, first aid kits, fire extinguisher, clothing, emergency numbers, and copies of important documents.

DURING THE SHAKING -

- ✓ If indoors, stay there. Get under a desk or table, or stand in a doorway.
- ✓ If outdoors, get into an open area away from trees, buildings, and power lines.
- ✓ If driving, pull your car to the side of the road and stop. Avoid overpasses or power lines. Remain inside the car until the shaking is over.
- ✓ If in a high-rise building, stay away from windows and outside walls. Move to an interior wall or get under a table or desk. Do not use the elevator. Do not run outside.
- ✓ If in a crowded public place, do not rush for the doors or exits.

AFTER THE SHAKING STOPS -

- ✓ Check for injuries. Apply first aid. Do not move seriously injured persons unless in immediate danger.
- ✓ Do not use the telephone unless there is a severe injury or fire. Hang up telephone if off the hook.
- ✓ Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utilities off at the source.
- ✓ Check food and water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks, and canned vegetables.
- ✓ Turn on your portable radio for instructions and news reports. Cooperate fully with public safety officials.
- ✓ Do not use your vehicle unless there is an emergency. Keep streets clear.
- ✓ Be prepared for aftershocks. Don't panic, stay calm and lend a hand to others.

For more information on disaster preparedness, contact the Huntington Beach Fire Department, Emergency Services Office at 714 536-5980.